



Currently 13 handouts, all in PDF format.

Summarizing skills and techniques for applying CBT (Cognitive-Behavioral Therapy), one of the top methods for overcoming depression, anxiety, anger, relationship problem, and other issues.

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1 - Handouts on: [Overview of CBT Skills and Principles](#)

2 - Handouts on: [Replacing Negative Thoughts](#)

3 - Handouts on: [CBT Logs and Worksheets](#)



1 - Handouts on: **Overview of CBT Skills and Principles**

**[10 Forms of Twisted Thinking - And How to Replace Them](#)** (1 p. ) An overview of 10 thought patterns that create and maintain emotional distress; their negative impact; and substitutions for each negative thought pattern.  
(Identifying and replacing these is the basis of CBT.)

**[ABC's of RET](#)** (1 p.) Outlines how a cognitive model (replacing negative thoughts) compares with a stimulus-response model. (Note - RET was a predecessor of CBT, laying

*the foundation of understanding how thoughts affect feelings, and how thought replacement can improve mood.)*

**Cognitive Triad** (1 p.) A chart summarizing 3 major areas of thinking affected negatively by depression and other emotional problems. *(Replacing these 3 areas with more positive attitudes is a core task in CBT.)*



## 2 - Handouts on: Replacing Negative Thoughts

**"Blame Pie" - Replacing Blame or Self-Blame** (1 p.) An effective replacement for **Thought Distortion #10, Blame or Self-Blame.**

This thought pattern is a significant contributor to depression, anger, and other problems. Replacing it can give significant emotional relief.

**Decatastrophizing - Stopping the Anxiety Cycle** (2 p.) A replacement strategy for **Thought Distortion #5, Jumping to Conclusions.**

Page one outlines the 4-stage process of how anxiety develops, and how to replace it; Page 2 provides a worksheet to guide the change process.

**Gratitude Journal - Cultivating Positive Awareness** (1 p.) A simple but effective strategy for replacing **Thought Distortion #3, Negative Mental Filter.**

Helpful for adults, youth, and children.

**Learned Optimism - Replacing the 3 P's of Pessimism** (1 p.) A pessimistic attitude both precedes and follows depression. Learn to identify and replace the "interpretive style" or mindset of pessimism that can make you vulnerable to deeper emotional challenges.

**Replacing "All or Nothing Thinking" and "Mental Filter"** (1 p.) Summarizes replacement strategies for **Thought Distortions #1 (All or Nothing Thinking) and #3 (Negative Mental Filter).**

[Replacing the "Should's"](#) (1 p.) Identifies a protocol for replacing **Thought Distortion #8, Should Statements**.



### 3 - Handouts on: CBT Logs and Worksheets

[Mood Log 1: Identifying](#) (1 p.) A form to help you log negative triggers, thoughts, and feelings. First step in CBT-based recovery.

[Mood Log 2: Replacing](#) (1 p.) A continuation of Mood Log 1, when you are ready to replaced identified negative thoughts.

[Vertical Columned Timeline - The Mosaic](#) (1 p.) A form for creating a vertical timeline or life overview, looking at major events, both positive and negative, to see life in perspective.

[Weighing the Pro's and Con's](#) (1 p.) A form to help you evaluate the costs and benefits of maintaining or changing a given thought, behavior, or habit.